

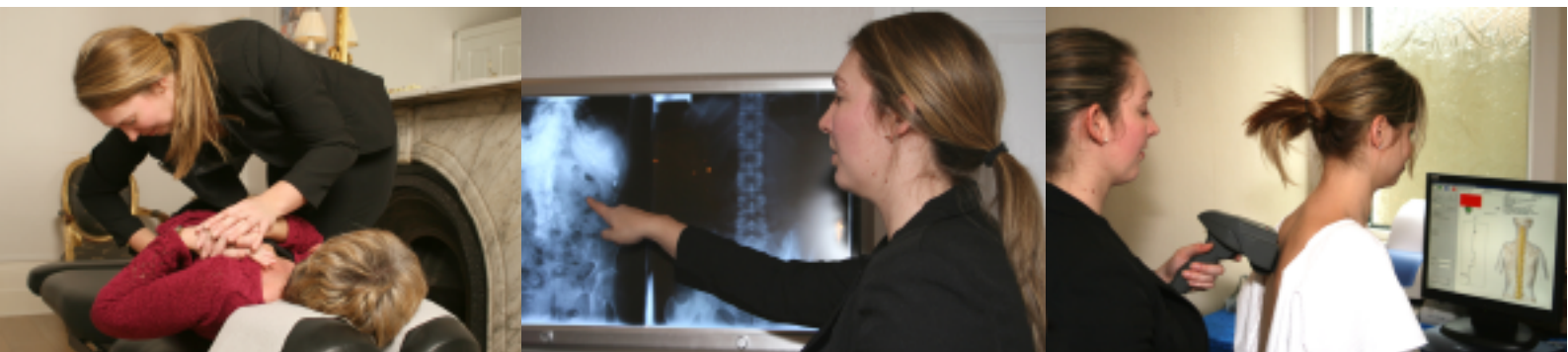
# Spring 2009 Newsletter



Welcome to our Spring Newsletter 2009 - and to all new patients at Back 2 Balance.

## Free Spinal Posture Checks 13th – 19th April 2009

The clinic, from time to time, offers free spinal posture checks during promotional awareness weeks. This year is no exception. The British Chiropractic Association's Awareness Week, 13th to 19th April 2009, a great opportunity for those who want to know whether their symptoms may be helped with chiropractic care, can book a FREE appointment, and have a FREE check. Checks take approximately 15 minutes. It is also a great chance to meet the Chiropractors and see what the clinic looks like and how it is run.



If you have a family member or work colleague, that isn't quite sure about the benefits of Chiropractic, then this is an ideal opportunity for them to have a brief discussion, with a fully trained and qualified Chiropractic Doctor, and see if Chiropractic can help them. The Chiropractors will, if chiropractic can't help, offer their guidance to what other forms of treatment could perhaps be beneficial, or refer them back to their GP.

**Simply call our reception team on 01273 206868 and they will provide you with a guaranteed appointment time for you to meet the Chiropractors in the privacy of individual treatment rooms.**

## Free Health Classes

Our clinic positively encourages all our new patients, their friends and family, to take the time to attend one of our free health classes. These are offered on a Monday evening at 6.45pm for a 7pm prompt start. Our health classes are presented by our clinic Doctors and cover a range of topics that will help you understand why Chiropractic may help your symptoms and tips to look after your spinal health. The talk lasts about 30 minutes, are presented with audio visuals together with interactive exercises, and there is time, for your questions, afterwards.

The next class dates for your diary are:

16 March 6.45pm - 6 April 6.45pm - 27 April 6.45pm - 11 May 6.45pm - 1 June 6.45pm

If you are reading this newsletter in our clinic, then please feel free to take a copy and pass onto a family member, work colleague or friend for their information and to book their Health Class place with our reception team by calling 01273 206868.

[www.chiropractorsbrighton.co.uk](http://www.chiropractorsbrighton.co.uk)

Chiropractic Clinic  
35 Goldstone Villas, Hove, BN3 3RT  
[info@chiropractorsbrighton.co.uk](mailto:info@chiropractorsbrighton.co.uk)  
Tel: 01273 206868

### Opening Hours:

Monday:	9am - 8pm
Tuesday:	9am - 8pm
Wednesday:	9am - 8pm
Thursday:	9am - 8pm
Friday:	9am - 7pm
Saturday:	10am - 2pm

clinic director: Dr Rebecca Nicholas DC MChiro MCC



## Business Show

Our Clinic will be exhibiting at the forthcoming Brighton and Hove Business Show, at Hove Town Hall, Norton Road, Hove, Wednesday, 13 May 2009. This Business Show attracts businesses from all over Brighton and Hove and surrounding areas and has something for everyone. Entry is free, offers seminars too, with more than 125 business stands and even speed networking!

This Show has created a special health section, where some of our practitioners from The Therapy Rooms will also be present, promoting their therapies. The Show is open from 12 noon – 8pm.  
Website [www.brightonandhovebusinessshow.co.uk](http://www.brightonandhovebusinessshow.co.uk)

Please feel free to come and visit us, and if your firm's Health representative would like to talk further about the opportunities of Health Classes and Business account arrangements with Back 2 Balance, come and meet us on the day or call us on 01273 206868 prior, and we can send information about our business health opportunities prior to the Show.

## Our Clinic's 'Top 10' Treatable Chiropractic symptoms

The Clinic takes regular reviews of the patients it sees daily, and their symptom needs. So much so, that the Clinic likes to keep all its patients fully informed and have recently added a special section on the Clinic's website about this.

Click onto [www.chiropractorsbrighton.co.uk](http://www.chiropractorsbrighton.co.uk) and take a look at either the 'Chiropractic' page or 'New Patients' page and you'll find the 'Top Ten' most frequently treated symptoms listed there, in our clinic, during late Autumn/Winter 2008/2009.

Our most frequently seen symptoms are ::

- 1 Low back pain
- 2 Sciatica
- 3 Neck pain
- 4 Shoulder pain
- 5 Headaches
- 6 Mid back pain
- 7 Arm pain and trapped nerve
- 8 Whiplash
- 9 Repetitive strain injury RSI
- 10 Pregnancy related back pain

This means that you are not alone in your chiropractic needs, and our Doctors are very experienced in helping and treating these symptom needs, on a frequent, daily basis. You can be assured of the very best attention at all times.

There is further, additional information, on the clinic website, about each symptom, which our patients may find of help and understand their health issues further.

## Therapy Rooms

Our recently refurbished Therapy Rooms are situated on our first floor at Back 2 Balance and offer a number of varying treatments which include: Pilates, Yoga, Clinical Psychology, Dietary, Reflexology, Reiki, Hypnotherapy, Homeopathy, Sports massage, Pre Natal Massage, Post natal Massage, Indian Head Massage, Facial Rejuvenation Massage.

All our therapists have taken appropriate recognised courses, undertake regular training and often take further training to enhance their therapy offers, and of course, are fully insured.

If you would like any further information or would like to treat a friend or family member to a therapy, then there are a number of flyers and leaflets available in the Clinic reception or on the clinic website, by viewing [www.chiropractorsbrighton.co.uk](http://www.chiropractorsbrighton.co.uk) - click through to 'Therapy Rooms' where the therapists all have their information online.

## Personal Note from the Clinic Director, Dr Rebecca Nicholas

Dear All,

We are sorry to say goodbye to Dr David Brown who has served Back 2 Balance patients for four and a half years. David is now working up in Clapham, South London, so I am sure you all join me in wishing him the best of luck.

Dr Meriel Davis has been working for some time now at our clinic, and she is building up her patient base, whilst building a good report with the local business networking group, having to attend at 7am, on a week day - well done!!

Many of our regular patients put the Christmas gift vouchers to good use that we offered. We had an influx of new patients so

I am glad to say, we are continuing to help many more people out in Brighton and Hove. We salute you for trying to help others in need; you will be rewarded with happy, healthy, well, friends and family.

The health classes that the clinic offer, are going well, and now a regular occurrence on selected Monday evenings. Please do book yourself into one, if you have not already attended. They are fun and informative and FREE!

Our Health topic, in this newsletter, is about stress, which most of us can experience, at some point, in our lives. The added current economic situation simply does not help us. We hope you find this interesting.

- And, as always, I do look forward to seeing our long term regular patients again, for their maintenance checks too.

Best wishes  
Dr Rebecca Nicholas



## Stress

The economic climate certainly doesn't help any of us; feeling and experiencing signs of stress.

Stress currently has taken over as the number one cause of most absenteeism from work in the UK according to latest released statistics – but are we all really surprised?

Stress takes a large part of our time, money and a toll on our health too.

Just as a chain can break at its weakest link, so can our bodies exhibit stress and strain in the weakest part of our bodies too.

Stress can be demonstrated by an upset tummy in some people, in others, headaches, back pain or muscle stiffness. Others respond with nervous twitches, allergic reactions or even sensitivities to chemicals.

Regardless of your particular response, the function of your nervous system is involved. That's why Chiropractic can be so helpful.

The Chiropractic approach to stress is to help normalize the function of your nervous system by removing interferences caused by the Vertebral Subluxation Complex. Finding the 'weak links' in your spine, (the major communication pathway of your nervous system) and helping restore better function, can make a profound difference in your response to stress.

It may not be possible to remove the stress from busy life. However, with the help of your Chiropractic Doctor you may be able to respond better to the challenges that daily life throws at us.

### Tips to keep stress to a minimum ::

1. Relax! To help relax, take deep breaths, meditate if you want. Relaxation lowers blood pressure, respiration, releases muscle tension and emotional strains.
2. Try and keep a sense of humour during difficult situations.
3. Try to find exciting, challenging and satisfying forms of exercise that are convenient. Brisk walking, swimming, are excellent choices providing a great cardiovascular workout.
4. Leave work on time and try and not bring work home. Keep a balance between home life and work life creating regular hours and a 'balanced' lifestyle.
5. Lower demands on yourself. Make realistic goals that give you the opportunity to succeed.
6. Take care of taxing tasks in the morning and get them 'out of the way'.
7. Take any large project, step by step. Section jobs into manageable portions.

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